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262 [527] spirit as that in which a prisoner of war was eaten in the olden days. I was not able to verify this piece of information with regard to the eating of crocodiles.

[538] I have never seen these people eating sharks, but I was told that they sometimes do, and it is referred to in some of the stories in my collection.

SUMMARY OF METHODS OF COOKING

252 The principal methods of cooking employed by these people may be listed as follows:

tsurak, to scorch meat on the outside by holding it over the flame, or laying it for a short time in a hot fire.

munmun, to roast more slowly by leaving in the embers of a smouldering fire.

moŋ, to cook in packages of leaves laid on a slow fire.

pupus, to smoke. (When partial preservation is desired for purposes of barter.)

ta'õ, to cook very slowly in an oven, i.e. a hole in the ground filled with hot stones, and covered with earth.

nosnos, to boil in water in a pot.

With the exception of their use of the water in which shell-fish have been boiled, which they drink as soup, they do not appear to employ methods involving either decoction or infusion in the preparation of their food.

DISCUSSION

● 146 With a view to ascertaining whether this diet fulfilled the conditions necessary to health in respect of its vitamin content, I have consulted the table given in the Medical Research Council's Report on Vitamins (published in 1932). Although of course many of the items in my list do not appear there, enough are given to show that all the vitamins are well represented. It is noteworthy that the banana,[1] which is a very frequent constituent of their meals, is a good source of vitamins A, C, and E, contains B_1 and B_2, and is not entirely lacking in D. All the vitamins may also be obtained, in varying richness, from the different parts of the pig which are consumed. The use of citrus fruits and of the leaves of taro and other plants ensures a further supply of C, the latter also of A. Vitamin A is probably the least well represented of the more important vitamins, owing to the entire absence of milk and butter, though it is found in small quantity in the coco-nut, and perhaps

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in the canarium almond, since it occurs in the European almond. If taro (a species of *Colocasia*) may be compared to dasheen (*Caladium colocasia*), it probably supplies A, B, and C, but only in small amount.

I regret that I did not pay more attention to the daily quantity of food consumed. In times of ceremonial feasting it is very greatly increased, especially as regards flesh foods. At such times every one eats to satiety, and the feast is considered eminently successful if a quantity of food is left over to lie rotting on the ground at its close. A typical meal for a man under ordinary circumstances might consist of five or six medium-sized taro tubers and one or two small fish, the other items appearing occasionally. The enormous preponderance of taro, which is the groundwork of every meal, would, one may suppose, result in an excess of carbohydrates in the diet,[1] but it is noteworthy that 'carbohydrate is the best material to have on hand for muscular activity', and that it is 'from the point of view of physiological economy, the most economical food' (Hutchison and Mottram, '33, p. 58). The protein content of the ordinary everyday meal is rather low, and there is probably a deficiency in the amount of fat provided, which perhaps accounts to some extent for the relish with which lumps of pig's fat are consumed when available.

While on a journey into the mountains of the Kunua district, starting some twenty miles down the west coast, I saw a patch of maize. I was told that it had originally been planted by some men who had brought it back with them on their return from working as indentured labourers. The coast people do not cultivate it, but they might well do so, as Mrs. Hadden was quite successful in her attempts to grow it on her plantation, proving that local conditions are not unsuited to it. In view of the high nutritive value and vitamin content of maize it might be of some benefit to the natives if facilities for obtaining seed could be provided for them; they might then be induced to cultivate and use it as a regular addition to their diet.

It is worthy of note that though the sago-palm grows in this district in considerable numbers, its leaves being much in demand

[1] Maiden (1889, p. 18) gives the following analysis, taken from a descriptive catalogue of the Japanese exhibits at the Health Exhibition, London, 1884: Albumen 1·427; Fat 0·080; Glucose 0·120; Starch 10·400; Pectose, &c. 1·154; Ash 0·987; Water 85·202.

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for thatching huts, yet these people do not normally use the pith to make into sago such as is eaten by natives of other parts of the Pacific (Codrington, 1891, p. 320). They neither ate nor prepared any sago while I was with them, and on my questioning them about it said it was eaten only in times of scarcity, when the taro crop had failed. Their distaste for it in normal times is probably due partly to the trouble of preparing it, but also perhaps to the fact that they have already a more than sufficient supply of starch, of which sago contains a high percentage.

In general it seems justifiable to say that the diet of these people is not seriously defective either in quality or in quantity. From the standpoint of our own eclectic taste, it is somewhat lacking in variety, but this does not seem to trouble the native overmuch, although he is quick to appreciate unaccustomed additions, such as canarium almonds, when they are available. It will be noted that under the climatic conditions here obtaining, where the staple foods can be procured all the year round, the comment made by Dr. Richards (1932, p. 164) in discussing this question—that the diet of the savage, though monotonous during any one season, is subject to the most drastic changes, not only in quantity but also in quality, in the course of the year—hardly applies. The quality of the food of the Bougainville native remains approximately the same throughout the year; the quantity varies, not regularly with the seasons but sporadically with the occurrence of ceremonial occasions, during which, if at no other time, he gets as much to eat as his heart could wish for, and more than his stomach can conveniently hold.

WATER-SUPPLY

The villages in the mountains are well supplied with excellent water from streams, but the water-supply constitutes a very real problem in the case of the coast villages of N. Bougainville, except those fortunate enough to be situated near the mouths of the few rivers which run to the sea on the north coast. These are confined to its eastern portion. The people of the western part of the north coast are dependent upon the small pools which are found sporadically in the bush, and this supply they share with dogs, pigs, tadpoles, decayed matter, and all the other denizens of stagnant water in deep shade. A certain amount of decidedly brackish water can also be obtained by digging holes on the shore at low tide, to catch